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THE GAPS DIET

"Gut And Psychology Syndrome" -- or GAPS -- is a generic term used for a range of modern chronic diseases that have their roots in compromised intestinal flora. Following a GAPS

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diet can help many to live with chronic diseases and diagnoses, including diabetes, behavioral disorders, depression and excess weight.

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cells of the gut lining and they have a soothing effect on any areas of inflammation in the gut. That is why

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they aid digestion and have been known for centuries as healing folk remedies for the digestive tract. Do not use commercially available soup stock granules or bouillon cubes, they are highly processed and are full of detrimental ...

Gut And Psychology Syndrome

Dr. Natasha Campbell-McBride, author of Gut

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and Psychology Syndrome. Learn More Here ! The GAPS diet was derived from the Specific Carbohydrate Diet (SCD) created by Dr. Sidney Valentine Haas to naturally treat chronic inflammatory conditions in the digestive tract as a result of a damaged gut lining.

Home

[www.gapsdiet.com]

Her book Gut and
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Psychology Syndrome captures her experience and knowledge, incorporating her most recent work. She believes that the link between learning disabilities, the food and drink that we take, and the condition of our digestive system is absolute, and the results of her work have supported her position on this subject.

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Gut and Psychology Syndrome: Natural Treatment for Autism ...

Gut and Psychology Syndrome (GAP Syndrome or GAPS) is a condition which establishes a connection between the functions of the digestive system and the brain.

About

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Syndrome (GAP Syndrome or GAPS) is a condition, which establishes a connection between the functions of the digestive system and the brain.

Gut and Psychology Syndrome: Natural Treatment for Autism ...

Gut and Psychology
Syndrome Introduction
Diet Dr. Natasha
Campbell-McBride

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recommends that GAPS patients follow the Introduction Diet before going into the Full GAPS Diet. Depending on the severity of the condition, you can move through the Introduction Diet as fast or as slow as the condition will permit. Please

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GUT AND PSYCHOLOGY SYNDROME. NATURAL TREATMENT FOR AUTISM, ADHD/ADD, DYSLEXIA, DYSPRAXIA, DEPRESSION AND SCHIZOPHRENIA. Get the book in paperback: EU / Rest of the World . The book contains a highly successful GAPS Nutritional Protocol, which is a self-help programme for treating disease. Apart from the conditions, listed on the front of the ...

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Gaps Diet Guide | Gut and Psychology Syndrome

Gut and Psychology Syndrome (GAP Syndrome or GAPS) is a condition, which establishes a connection between the functions of the digestive system and the brain.

**Dr Natasha - GAPS
(Gut and Psychology
Syndrome)**

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The GAPS Diet (Gut and Psychology Syndrome) is designed to restore gut health. It focuses on removing foods that are tough to digest and damaging to gut flora - and replacing them with nutrient-dense foods, therefore allowing the intestinal lining to heal. [Read More](#)

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Her book Gut and Psychology Syndrome captures her experience and knowledge, incorporating her most recent work. She believes that the link between learning disabilities, the food and drink that we take, and the condition of our digestive system is absolute, and the results of her work have supported her

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position on this
subject.

Gut and Psychology Syndrome (GAPS) - Natural treatment for ...

GAPS stands for Gut
and Psychology
Syndrome. It's a term
that was invented by
Dr. Natasha Campbell-
McBride, who also
designed the GAPS
diet.

Gaps Diet Guide |
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Gut and Psychology Syndrome - Mercola

...

In her book, Gut and Psychology Syndrome, Dr. Campbell-McBride describes how abnormal gut flora, or GAPS, can affect your brain – and your entire body. As the growth of disease-causing species of bacteria, yeast, viruses and other microbes rages unchecked in the digestive tract,

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devastating
consequences can
occur.

www.GutAndPsychol ogySyndrome

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The protocol in Gut and Psychology Syndrome is basically an intensive nutritional program to heal the gut lining. It focuses on soothing and healing the gut lining with foods like bone broth and beneficial fats while boosting beneficial gut bacteria

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with probiotics and
fermented foods.

GAPS- What Is It? - Gut and Psychology Syndrome (GAPS)

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Gut and Psychology Syndrome: Natural Treatment for Autism ...

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Guts and Psychology
Syndrome reveals how
the GAPS diet improves
your gut flora to help
heal your health
problems.

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The GAPS Diet: An Evidence-Based Review

Gut and Psychology Syndrome reveals the true connection between nutrition and brain function. Written by a neurologist and practicing nutritionist it is a no holds barred investigation into the real facts behind why today's generation of children have the highest incidence of learning disabilities

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and behavioral disorders ever.

Gut and Psychology Syndrome Book Review | Wellness Mama

She states that all diseases stem from an imbalanced gut, The present epidemic in children of ADHD/ADD, dyspraxia (extreme clumsiness), dyslexia, autism, allergies, etc. etc. all stem from a gut disorder/compromised

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immune system. She terms this gut disorder “Gut and Psychology Syndrome”, or GAPS.